

Almaden Community Center

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Bus Lines: 13

Types of Programs: Fee class, after school recreation, senior programs, senior nutrition and special events.

Due to the construction of the new Almaden Community Center/Library, programs and services are relocating to the sites listed below. We will begin programs in Winter 2005 at the Almaden Winery, located at 5730 Chambertin Drive in January. We will continue to make every effort to relocate as many programs as possible. For specific program information please call 408-268-1133 or visit us at our website www.sanjoseca.gov.

Facility Locations

Erickson Elementary School
4849 Pearl Avenue (Recreation Portable)

Kirk Community Center
1601 Foxworthy Avenue

Mathew Susanj Youth Center
1088 Blossom Hill Road (between Toys R Us and Futon Shop)

The Spot Youth Center @ Bret Harte Middle School
7050 Bret Harte Middle School

South Hills Community Church
6601 Camden Avenue

Vineland Branch Library
1450 Blossom Hill Road

ARTS & CRAFTS

3-Dimensional Art \$65

Kids come out and enjoy this fun 3-D art class. This class will challenge higher thinking skills, offer creativity and teach cooperative learning. Children will have a joyous time experiencing the joys of depth and perception in art. **Location:** Kirk Community Center, 1601 Foxworthy Avenue. *Call Almaden for information on this class.*

Instructor: Cook

Course#	Day	Date	Time	Age	Mtg.	Loc.
252.2.101	T	10/5-11/16	4-5pm	7.5-12	7	KR

Creative Crafts \$50

Your child will have the opportunity to use their imagination and creativity to create fun projects in this class. Children will have the opportunity to be introduced to several art forms during the course of the session. All materials and supplies are included in cost. **Location:** Kirk Community Center, 1601 Foxworthy Avenue.

No Class 10/11

Instructor: O'Neil

Course#	Day	Date	Time	Age	Mtg.	Loc.
252.2.104	M	10/4-11/29	5-6pm	4-6	8	KR

Mosaics and Art \$65

Not sure if you like 2D or 3D art best? Join this class to participate in projects designed to inspire the artistic nature of every child. Students will go to pieces over mosaics, have fun with mask making, printmaking, and try their hand at drawing and painting on location. **Location:** Erickson Elementary School, 4849 Pearl Avenue, Recreation Portable.

No Class 10/11

Course#	Day	Date	Time	Age	Mtg.	Loc.
252.2.106	M	10/4-11/29	5-6pm	9-13	7	EE

DANCE

Ballet/Tap \$45

Class consists of both ballet and tap. Ballet positions, steps and routines will be taught along with basic steps and routines. Parents may attend a 10 minute overview at 1st class meeting and a performance at the last class meeting. **Location:** 5725 Winfield Blvd. #4

No Class 10/11

Instructor: Dance Arts Academy

Course#	Day	Date	Time	Age	Mtg.	Loc.
252.2.201	M	10/4-11/29	12-12:55pm	3-6	8	DAA

Ballet/Tap Combo \$70

A great combination of ballet and tap. Ballet positions, steps, and routines will be taught along with basic tap steps and routines. Builds self confidence, grace, coordination, and flexibility. **Location:** Mathew Susanj Youth Center, 1088 Blossom Hill Road, next to Toys R Us.

No Class 11/11, 11/25

Instructor: DanceKids

Course#	Day	Date	Time	Age	Mtg.	Loc.
252.2.202	Th	10/6-12/9	3-3:45pm	3-5	8	MS

Bouncin' Boogie Babies \$70

A class for all active bouncing babies and parents to enjoy together. Use beanbags, balls, rattles, and more. You can shake, rattle and roll to lively music with tambourines, shakers, drums, and other exciting instruments. **Location:** Mathew Susanj Youth Center, 1088 Blossom Hill Road, next to Toys R Us.

No Class 11/26

Instructor: DanceKids

Course#	Day	Date	Time	Age	Mtg.	Loc.
252.2.212	F	10/8-12/3	9:30-10:20am	10-18m	8	MS

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DANCE

Dancin' Boogie Babies \$70

Come have fun with your little one doing the Boogie Woogie Bear! You and your baby will sing and dance to lively nursery songs and show tunes like "BINGO", "Wheels on the Bus", "Knees and Toes", and more. Location: Mathew Susanj Youth Center, 1088 Blossom Hill Road, next to Toys R Us.

No Class 11/26

Instructor: DanceKids

Course#	Day	Date	Time	Age	Mtg.	Loc.
252.2.213	F	10/8-12/3	10:30-11:20am	19-30m	8	MS

Jazz Dance/Fitness Hip Hop \$70

Come join this high energy and serious fun dance class. You'll learn great dance moves and routines that will impress your friends. Boogie to the most popular songs and get in shape at the same time. Warm ups and cool down exercises included. Location: Mathew Susanj Youth Center, 1088 Blossom Hill Road, next to Toys R Us.

No Class 11/11, 11/25

Instructor: DanceKids

Course#	Day	Date	Time	Age	Mtg.	Loc.
252.1.204	Th	10/6-12/9	3:45-4:30pm	6-10	8	MS

Jazz Tap Dance Combo \$70

Come and join this combination class of tap and jazz dance. Students will learn tap steps and routines along with energizing jazz moves and combinations to fun upbeat music! Location: Mathew Susanj Youth Center, 1088 Blossom Hill Road, next to Toys R Us.

No Class 11/26

Instructor: DanceKids

Course#	Day	Date	Time	Age	Mtg.	Loc.
252.2.209	F	10/8-12/3	4:30-5:15pm	5-8	8	MS

Kindergymnastics \$45

Designed to teach basic gymnastic skills, including movement exploration, balance, and coordination. Parents may only attend a 10 minute overview at 1st class meeting. Location: 5725 Winfield Blvd. #4.

No Class 10/11

Instructor: Dance Arts Academy

Course#	Day	Date	Time	Age	Mtg.	Loc.
252.2.205	M	10/4-11/29	11-11:55am	3-6	7	DAA
252.2.206	M	10/4-11/29	1-1:55pm	3-6	7	DAA

Little Shining Stars \$70

A fun drama class designed specifically for pre-schoolers. Has your little one expressed interest in getting on stage? Foster confidence and self-esteem in your child while they explore creativity and imagination. Location: Mathew Susanj Youth Center, 1088 Blossom Hill Road, next to Toys R Us.

No Class 11/26

Instructor: DanceKids

Course#	Day	Date	Time	Age	Mtg.	Loc.
252.2.214	F	10/8-12/3	11:30am-12:20pm	3-5	8	MS

Parent/Tot Dance & Gym \$45

Child and parent will enjoy singing, dancing, and exercising in this class. Children acquire confidence and discipline, as well as strength and coordination. Parents must attend with registered child only. Location: 5725 Winfield Blvd. #4.

No Class 10/11

Instructor: Dance Arts Academy

Course#	Day	Date	Time	Age	Mtg.	Loc.
252.2.207	M	10/4-11/29	9-9:55am	2-4	8	DAA
252.2.208	M	10/4-11/29	10-10:55am	2-4	8	DAA

Tiny Tappers \$70

Come bring your "Happy Feet" and Tap your Toes away! This class is a very fun and active one. Your little one will learn basic tap steps and dances. They will dance and dance to popular children's tunes. Let's brush, shuffle, hop, stomp, skip and much more. A great Class for both girls and boys. Tap shoes required. Location: Mathew Susanj Youth Center, 1088 Blossom Hill Road, next to Toys R Us.

No Class 11/26

Instructor: DanceKids

Course#	Day	Date	Time	Age	Mtg.	Loc.
252.2.217	F	10/8-12/3	3:45-4:30 pm	3-5	8	MS

Twinkle Toes Ballet \$70

This "serious fun" class for tiny tots will teach grace, coordination, balance and improve your child's rhythm. Simple ballet positions and steps will be taught to beautiful classical music. Ballet shoes are recommended. Location: Mathew Susanj Youth Center, 1088 Blossom Hill Road, next to Toys R Us

No Class 11/26

Instructor: DanceKids

Course#	Day	Date	Time	Age	Mtg.	Loc.
252.2.211	F	10/8-12/3	3-3:45pm	3-5	8	MS

MUSIC/THEATER ARTS

Guitar - Introduction \$65

Introduction to Guitar is a seven week course designed for students who have little or no experience playing guitar. Our primary focus will be learning the basic techniques used in popular styles such as rock, folk, jazz, blues, country, etc. Material covered will include reading chord diagrams, chord charts from song books, chord voicing, right and left hand techniques, the major scales and their importance in popular music and more. A \$4.00 material fee is due the first day of class. Location: Erickson Elementary School, 4849 Pearl Avenue, Recreation Portable.

Instructor: Kelly

Course#	Day	Date	Time	Age	Mtg.	Loc.
252.2.401	W-Beg	10/6-11/17	6:15-7:15pm	10-15	7	EE
252.2.402	W-Int	10/6-11/17	7:30-8:30pm	10-15	7	EE

Visit us on the web at www.sanjoseca.gov/prns or
email us at PRNS@sanjoseca.gov

MUSIC/THEATER ARTS**Piano/Keyboard \$67**

A class in basic piano skills and music reading. Principles of rhythm, melody, harmony, ear training are taught with the aid of tonally accurate, portable, keyboards provided by the instructor. You child will enjoy the individualized approach. Access to a piano or together keyboard is recommended. A \$7.50 music fee will be collected at the first class meeting. Please send headphones with a 1/4" jack for use in class. **Location:** Erickson Elementary School, 4849 Pearl Avenue, Recreation Portable.

Level 1— Beginner with NO prior keyboard or piano play experience.
Level 2 — Participant has attended one or more "Noteworthy" keyboard sessions.

Instructor: Noteworthy

Course#	Day	Date	Time	Level	Age	Mtg.	Loc
252.2.403	W	10/6-12/1	3:30-4:15pm	Level 1	6-7	8	EE
252.2.404	W	10/6-12/1	4:20-5:05pm	Level 1	8-10	8	EE
252.2.405	W	10/6-12/1	5:10-5:55pm	Level 2	6-12	8	EE

EARLY CHILDHOOD RECREATION*Please read the ECR Policy below.***Kids Night Out - Fun and Fit \$15**

Kids send your parents out for the evening while you learn about fun and fitness. We will explore all the various methods that one can keep their body healthy through fun. We'll enjoy outside games, crafts and have dinner. **Location:** The Spot Youth Center, 7050 Bret Harte Drive (on the campus of Bret Harte Middle School).

Instructor: Almaden Staff

Course#	Day	Date	Time	Age	Mtg.	Loc.
252.2.606	F	11/5	6:30-9:30pm	3-12	1	BH
252.2.607	F	12/10	6:30-9:30pm	3-12	1	BH

Kindertots \$330

These classes are reserved for children who are least four years old by the first day of class and entering Kindergarten in the Fall of 2005. NO exceptions! This class emphasizes age-appropriate activities, through social interaction, hands on exploration and foster independence. We will work on numbers, letters and skills that children will need to be prepared for kindergarten. During the session we will have the opportunity to explore crafts, drama, and games that help to develop hand/eye coordination and motor skills. Children should have a general understanding of numbers and letters so that the teacher may work with your child to improve these skills. **Location:** South Hills Community Church, 6601 Camden Ave.

*No Class 10/11, 11/15, 11/26, 12/3**Instructor: Gardner*

Course#	Day	Date	Time	Age	Mtg.	Loc
252.2.301	M/W/F	10/4-12/8	9:15-11:45am	4-5	25	SH

Kindertots \$250**Location:** Kirk Community Center, 1601 Foxworthy Avenue*No Class 11/11, 11/25**Instructor: Houston*

Course#	Day	Date	Time	Age	Mtg.	Loc
252.2.302	T/Th	10/5-12/9	9:15-11:45am	4-5	18	KR

Kindertots \$250**Location:** Erickson Elementary School, 4849 Pearl Avenue, Recreation Portable.*No Class 11/11, 11/25**Instructor: Ms. Helen*


Course#	Day	Date	Time	Age	Mtg.	Loc
252.2.303	T/Th	10/5-12/9	9am-12pm	4-5	19	EE

Tiny Tots \$235

This class will help your child ease into preschool and kindergarten. Classes are designed to promote social independence and improve social, cognitive and movement skills. Activities include crafts, stories, playtime and simple learning concepts. Child must be toilet trained. Parents required to assist for two or more classes. **Location:** South Hills Community Church, 6601 Camden Ave.

*No Class 10/11, 11/15, 11/26, 12/3**Instructor: Thomas*

Course#	Day	Date	Time	Age	Mtg.	Loc
252.2.304	M/W/F	10/4-12/8	9:30-11:30am	3-4	25	SH

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Early Childhood Recreation Class Requirements

Please consider the following policies and requirements before registering for any Early Childhood Recreation (ECR) class offered by the City of San José. There will be no exceptions made in their regard. For each child enrolled a parent or guardian must assist and provide a snack for at least (2) class meetings during the session. Non-registered children are **not** allowed in class at any time. Please make arrangement for siblings on your participation day. Each child must be the required age on the first day of class. *A birth certificate may be requested for age confirmation.* Participants **must** be toilet trained. (Except Time For Twos.) You may enroll each child in only one of the ECR classes. **Please note the City of San José, Department of Parks, Recreation and Neighborhood Services provides recreational programs only and is not licensed childcare.**

EARLY CHILDHOOD RECREATION

Time for Twos \$68

Come play with us and meet new friends! Join us for a fun-filled hour of crafts, music, games and stories. This parent/child class emphasizes pre-socialization skills, creativity and circle time activities such as songs, stories and listening games. Parent must attend with registered child only. Food provided for all cooking projects. **Location:** Matthew Susanj Youth Center.

No Class 11/11, 11/25

Instructor: Thomas

Course#	Day	Date	Time	Age	Mtg.	Loc
252.2.305	Th	10/7-12/9	9:15-10:15am	24-36m	8	MS
252.2.306	Th	10/7-12/9	10:30-11:30am	24-36m	8	MS
252.2.307	T	10/5-11/23	10:30-11:30am	24-36m	8	MS

Playtime

Come play with us and meet new friends! Join us for a fun-filled hour of crafts, music, games and stories. This parent/child class emphasizes pre-socialization skills, creativity and circle time activities such as songs, stories and listening games. Parent must attend with registered child only. Food provided for all cooking projects. **Location:** Matthew Susanj Youth Center, 1088 Blossom Hill Rd.

Instructor: Thomas

Course#	Day	Date	Time	Age	Mtg.	Loc
252.2.308	T	10/5-11/23	9:15-10:15am	18-24m	8	MS

Toddlers Turkey Trot Mini Camp

Teens teaching Toddlers Mini Camp provides a safe, recreational fall camp where youth can mentor young children in recreation and socialization skills, hand eye coordination, basic sports skills, crafts, games and have fun in the process.

Who: Boys and girls ages 3-5 year old

Cost: \$20

Where: The Spot Youth Center, 7050 Bret Harte Dr.

When: Saturday, Nov. 20, 2004

Time: 10am-12pm



SPECIALTY CLASSES

Chess \$67

Learn basic chess strategies and develop creative combinations for a winning Chess game. This game keeps your mind alert and sharp as you think critically. Chess boards are provided in class and available for purchase to practice at home. There will be a chess tournament on the final night of class. **Location:** Erickson Elementary School, 4849 Pearl Avenue, Recreation Portable.

Instructor: Kid Safe

Course#	Day	Date	Time	Age	Mtg.	Loc.
252.2.604	T	TBA	4:30-5:30pm	5-10	7	EE

Mad Science - Discover Your Body \$80

Discover your body and senses in this series of workshops. Meet Mr. Bones and learn about major organs and muscles in your body. Learn why some things are safe to touch and others are not. Experiment with magnifying glasses, kaleidoscopes and binoculars. Play with a wave motion model twirling tubes to learn how sounds travels in waves and can be heard in a variety of pitches. **Location:** Erickson Elementary School, 4849 Pearl Avenue, Recreation Portable.

No Class 10/11

Instructor: Mad Science

Course#	Day	Date	Time	Age	Mtg.	Loc.
252.2.605	M	10/4-11/15	12:30-1:15pm	3-4	6	EE
252.2.606	M	10/4-11/15	1:30-2:15pm	4-5	6	EE

Mad Science - Energy, Forces & Flight \$102

Hold on to your hats, because Mad Science is BACK! Take a tour of the electron freeways, as we study "current" events. Grow your very own crystal garden as we eliminate the mystery in Chemystery. Learn about the incredible "Fun" - discover what shape make the world's strongest building. **Location:** Erickson Elementary School, 4849 Pearl Avenue, Recreation Portable.

No Class 11/11, 11/25

Instructor: Mad Science

Course#	Day	Date	Time	Age	Mtg.	Loc.
252.2.607	Th	10/7-12/9	4:15-5:15pm	5-12	8	EE

Monster Mash Bash \$20

Hey kids come out and enjoy a fun-filled party that will have spooky crafts, ghostly games and scary stories to entertain you. Enjoy slimy snacks, Petrified Pizza, and drinkable concoctions! You are sure to have the time of your life at this Halloween Party. Come in costume. **Location:** Matthew Susanj Youth Center, 1088 Blossom Hill Rd. (Between Toys R Us and The Futon Shop)

Instructor: Staff

Course#	Day	Date	Time	Age	Mtg.	Loc.
252.2.602	W	10/27	5:30-7:30pm	7.5-10.5	1	MS

Pumpkin Patch Party \$20

Come in costume and join the party! Food, games, crafts and stories all provided by our staff to entertain your youngsters. A safe fun Halloween Party. Fun to be had by all. **Location:** Matthew Susanj Youth Center, 1088 Blossom Hill Rd.

Instructor: Staff

Course#	Day	Date	Time	Age	Mtg.	Loc.
252.2.601	W	10/27	3:45-4:45pm	4-7	1	MS

Rudolf and Friends Party! \$20

Make the Holidays extra special by joining Rudolf and all his friends for a fun-filled time that includes singing, story telling and special crafts. Fee includes gift from the North Pole. **Location:** Matthew Susanj Youth Center, 1088 Blossom Hill Rd.

Instructor: Staff

Course#	Day	Date	Time	Age	Mtg.	Loc.
252.2.603	W	12/15	4-6pm	4-7	1	MS

SPORTS & FITNESS**Aerobic - Kickboxing \$58**

Want a high energy, fun way to exercise? Then this class is for you! Aerobic kickboxing is great for toning muscles, strengthening your cardiovascular system, and losing weight. Cloth fist pads are required for this class. They can be purchased from the instructor for \$10 at the first class meeting or at a sporting goods store. **Location:** TBA

*No Class 11/26**Instructor: Carter*

Course#	Day	Date	Time	Age	Mtg.	Loc.
252.2.703	F	10/8-12/3	5:30-6:20pm	14+	8	TBA

Cardio Sculpt/Body Conditioning \$58

Coed aerobics activity for fitness. A combination of aerobics and muscle toning activities. Both men and women can benefit from the program that helps to make men more "buffed" and women more shapely while becoming more fit. A good way to help reduce the effects of aging and make your heart healthy! Work at your own level from easy to advanced. **Location:** The Spot Youth Center @ Bret Harte Middle School, 7050 Bret Harte Middle School.

*No Class 10/11**Instructor: Camp Carter Int.*

Course#	Day	Date	Time	Age	Mtg.	Loc.
252.2.704	M	10/4-11/22	7-7:50 pm	16+	7	BH

Child Aerobics \$58

Kids come out and enjoy this fun aerobics class. Learn all the basics of fitness while doing something good for your body. This class will help you to keep your body lean and fit in a friendly environment. **Location:** The Spot Youth Center, 7050 Bret Harte Drive (on the campus of Bret Harte Middle School).

Instructor: Camp Carter International

Course#	Day	Date	Time	Age	Mtg.	Loc.
252.2.505	T	10/5-11/23	6:30-7:25pm	6.5-12	8	BH

Hatha Yoga \$72

The physical practice of Yoga reduces agitation and returns the individual to his or her personal power. Lessons are based on a variety of Yoga postures, emphasizing stretching and toning muscles, relieving tension and cultivating mind to body awareness. Wear loose clothing.

*No Class 10/11**Instructor: Pickel*

Course#	Day	Date	Time	Age	Mtg.	Loc.
252.2.701	M	10/4-11/29	6:30-7:45	16+	8	TBA
252.2.702	M	10/4-11/29	7:45-9	16+	8	TBA

Ice Skating \$105

In this eight week introductory series we will cover the proper way to fall down, get up, two foot glide, one foot glide, forward swizzles, forward stroking, backward swizzles, stopping, and an introductory spin. The series includes a 30 minute class once a week and the public session the day of the class. **Location:** San José Ice Centre, 1500 S. 10th St.

*No Class 11/25**Instructor: San José Ice Centre*

Course#	Day	Date	Time	Age	Mtg.	Loc.
252.2.501	T	10/5-11/23	4-4:30pm	6-10	8	SJIC
252.2.502	Th	10/7-12/9	4-4:30pm	8-12	8	SJIC

Little Ninja Fitness Fun \$58

This fun-filled class will give your child a fun workout! Each little ninja will learn basic warm-up exercises, karate moves and fitness exercises. This is a great way to give your tot the chance to use their energy in a positive way. Taught by Sensei James Carter, a Shotokan World Champion and 3rd degree black belt. **Location:** Mathew Susanj Youth Center, 1088 Blossom Hill Road (between Toys R Us and Futon Shop).

Instructor: Carter

Course#	Day	Date	Time	Age	Mtg.	Loc.
252.2.503	T	10/5-11/23	1-1:45pm	3-4	8	MS
252.2.504	T	10/5-11/23	2-2:45pm	4-5	8	MS

Karate - Beg/Intermediate \$58

This is a traditional Japanese style of Karate that combines Japanese style culture, philosophy, history and language. Class includes self-defense and stresses the importance of self-confidence and mental discipline. **Location:** The Spot Youth Center, at Brett Harte Middle School, 7050 Bret Harte Drive.

*No Class 11/11, 11/25**Instructor: Camp Carter Int.*

Course#	Day	Date	Time	Age	Mtg.	Loc.
252.2.517	T	10/5-11/23	5:30-6:20pm	5+	8	BH
252.2.518	Th	10/7-12/9	5:30-6:20pm	5+	8	BH

Karate - Parent/Child \$85

A good physical activity for the whole family! Class is coed and fee includes one child and one adult. Class promotes healthy activities for family and stresses the importance of exercise. Additional children in the same immediate family household must pay \$30 each. Child must be enrolled with and accompanied by a parent. **Location:** The Spot Youth Center, 7050 Bret Harte Drive (Brett Harte Middle School).

*No Class 11/11, 11/25**Instructor: Carter*

Course#	Day	Date	Time	Age	Mtg.	Loc.
252.2.519	Th	10/7-12/9	6:25-7:15pm	5+	8	BH

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SPORTS & FITNESS

Kidz Love Soccer

\$58

KLS is a non-competitive environment for children to learn and play the world's most popular sport. Each session includes age specific warm-ups, demonstrations, thematic progressions, and recreational games. Classes are co-ed and every participant will have a ball at their feet! Shinguards are required after the first class meeting. Tot Soccer: 3.5-4 years-Encourages motor skills and introduces small children to the group setting. Pre-Soccer: 4-5.5 years-Teaches the basic technique of the game and builds self-esteem through participation and fun soccer activities. Soccer 1: 5-6 years-Teaches the basic techniques of soccer for beginners. Dribbling, passing, receiving, and shooting. Soccer 2: 7-8 years-Same as Soccer 1, also introduces team tactics. Soccer 3: 9-12 years-Same as Soccer 1 and 2, but also introduces advance soccer techniques and tactics. Rainout Hotline 1-800-399-8111. Location: Cahalan Park

No Class 11/11, 11/24
Instructor: Kidz Love Soccer

Course#	Day	Date	Time	Age	Mtg.	Loc.
252.2.506	Th	10/7-12/9	9:30-10am	3.5-4	8	CH
252.2.507	Th	10/7-12/9	10-10:35am	4-5	8	CH
252.2.508	Th	10/7-12/9	2:45-3:30pm	4-5	8	CH
252.2.509	Th	10/7-12/9	3:20-4:05pm	5-6	8	CH
252.2.510	Th	10/7-12/9	4:05-4:50pm	7-8	8	CH
252.2.511	Th	10/7-12/9	4:05-4:50pm	9-12	8	CH
252.2.512	Sa	10/2-11/20	2:30-3:05pm	4-5	8	CH
252.2.513	Sa	10/2-11/20	3:05-3:50pm	5-6	8	CH
252.2.514	Sa	10/2-11/20	3:50-4:35pm	7-8	8	CH
252.2.515	Sa	10/2-11/20	3:50-4:50pm	9-12	8	CH
252.2.516	Sa	10/2-11/20	4:50-5:20pm	3.5-4	8	CH
252.2.516	Sa	10/7-12/9	4:50-5:20pm	3.5-4	8	CH

Pilates

\$58

Come and learn the basics of Pilates mat work! This is exercise technique can be used to strengthen and tone your abs, hips and thighs. This class promotes flexibility, agility, good posture and body awareness.

No Class 10/11
Instructor: Camp Carter Int.

Course#	Day	Date	Time	Age	Mtg.	Loc.
252.2.705	M	10/4-11/29	6:10-7pm	16+	8	TBA

Tennis - Beginning

\$60

Introduction to basic strokes, including forehand, backhand, overhead serve (lob and net), racquet size purchase guidelines, court etiquette and score keeping. Doubles and singles strategies will be taught. Students provide their own racquet and one unopened can of tennis balls. Wear court sneakers. **Location:** Leland High School, 6677 Camden Ave., Tennis Courts.

Instructor: Morgan

Course#	Day	Date	Time	Age	Mtg.	Loc.
252.2.522	Sa	10/2-11/13	8-9am	8-14	7	LHS
252.2.523	Sa	10/2-11/13	9-10am	8-14	7	LHS
252.2.524	Sa	10/2-11/13	10-11am	8-14	7	LHS
252.2.525	W	10/6-11/17	6:30-7:30pm	15+	7	LHS

SENIOR PROGRAM

For information on the Almaden Senior Program, please see page 13.

SAN JOSE AFTER SCHOOL

Almaden Area

San José After School is a partnership by the City of San José, with school districts, community-based organizations, teachers and parents to provide safe, fun and enriching activities for youth after school.

After school programs promote healthy youth development and student learning. This includes homework centers and tutoring, recreation, arts, and enrichment activities, and technology centers. Youth will enjoy safe, fun, and enriching activities at sites located throughout San José.

There are wonderful after school programs in your area. For more information about schools, libraries, and centers offering after school programs, please contact 408-268-4921.

Types of Programs

Level 1: Homework Assistance. Level one sites offer after school homework help at many locations in San José.

Level 2: Safe and Accessible After School Programs. Level two sites offer integrated recreation, literacy and math enrichment programs.

Level 3: Integrated and Comprehensive Approach After School Programs. Level three sites integrate literacy, leadership, education, nutrition, cultural arts and recreation activities.

Sites	Level	Time
Allen Elementary School	Level 1	*
Almaden Country School	Level 1	*
Bret Harte Middle School	Level 2	2:30-4pm
Carson Elementary School	Level 2	2:30-4:30pm
Castillero Middle School	Level 1	2:30-5:30pm
Del Roble Elementary School	Level 1	*
Earl Frost Elementary School	Level 2	2:30-5pm
Graystone Elementary School	Level 1	*
Guadalupe Elementary School	Level 1	*
Gunderson High School	Level 1	*
Leland High School	Level 1	*
Los Alamitos Elementary School	Level 1	*
Parkview Elementary School	Level 2	2:30-5:30pm
Pioneer High School	Level 1	*
Randol Elementary School	Level 2	3-5pm
Simonds Elementary School	Level 2	2:30-5:30pm
Steinbeck Middle School	Level 2	2:30-5:30pm
The Ark	Level 2	3-5:15pm
Terrell Elementary School	Level 1	*
Williams Elementary School	Level 1	*

* Homework Assistance offered at individual sites immediately following the end of the school day (approximately 2:30-3:30pm).